

NON-MEDICAL ATTENDANT ORIENTATION

WTU Commander

10 April 2013

"The views, opinions and findings contained in this report are those of the authors(s) and should not be construed as an official Department of the Army position, policy or decision, unless so designated by other official documentation."



AGENDA

- Welcome
- Warrior Transition Units
- Army 101
- Medical 101
- Non Medical Attendant
- Taking care of yourself
- Where to go for assistance
- Schedule
- Tour (and maps)



WARRIOR TRANSITION UNITS WE ARE YOUR UNIT

WARRIOR ETHOS

I will always place the mission first.

I will never accept defeat.

I will never quit.

I will never leave a fallen comrade.



MILITARY 101

- The Army is a complex system. The Army has developed training to help you learn about the Army.

- Register at Army One Source,
<https://www.myarmyonesource.com>

- Go to Family Programs

- Go eLearning Center - AFTB Level 1 training

Lesson 1.1: Expectations / Impact of the Mission on Family

Lesson 1.2: Military Acronyms and Terms

Lesson 1.3: The Chain of Command In Progress

Lesson 1.4: Introduction to Military Customs and Courtesies

Lesson 1.5: Basic Military Benefits and Entitlements

- Complete classes 1 - 5



ARMY ONE SOURCE

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Family Programs and Services | Health Care | Soldier and Family Housing | Child, Youth and School Services | Education, Careers, and Libraries | Recreation, Travel and BOSS | Communities and Marketplace | Community Support

What makes the **ARMY STRONG?**

BUILDING RESILIENCY

ANNOUNCEMENTS

Spouse Employment Effort Surpasses Goal
A White House/DOD challenge to hire 50,000 military spouses by 2015 surpassed its goal 1 Aug

Read more... Previous 1 2 3 4 5 Next

FEATURED PROGRAMS, LINKS & TOOLS

TOTAL ARMY SPONSORSHIP | SGT. ROCKY'S NEIGHBORHOOD | ARMY OneSource VIRTUAL WORLD | ISALUTE | Money Matters Mobile

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[Online Learning Center](#)

Online Learning Management System

View course progress and launch training courses. Click on the Course to show Course Lessons and your progress.

Online Learning Center

Courses

- AFTB Training (English)
 - AFTB Level I Training
 - AFTB Level II Training
 - AFTB Level III Training
- AFTB Training (Spanish)
 - AFTB Nivel I Del Entrenamiento
 - AFTB Nivel II Del Entrenamiento
- EFMP Program Overview
 - EFMP Program Overview
- Financial Planning for Retirement
 - Financial Planning for Retirement
- Getting Involved
 - Family Readiness Group (FRG) Leader's Training
- Internet Safety for Kids
 - Internet Safety for Kids
- Mentor Training
 - Mentor Training
- Money Matters
 - Financial Readiness Training
- Rear Detachment Commander
 - Rear Detachment Commander
- Volunteer Management
 - Volunteer Management
 - Information System (VNIS) Training

AFTB Level 1 Training

Description:
Level 1 Training is for families new to the military.
In order for your course to register as being fully completed, you MUST click on the 'Return To Training' button on the last page of the course. To print your certificate, return to this page after completing the course. An icon will be available to allow certificate printing.

Lessons

Lesson	Status
AFTB Level 1 training	In Progress
1. Lesson 1.1: Expectations and the Impact of the Mission on Family	In Progress
2. Lesson 1.2: Military Acronyms and Terms	In Progress
3. Lesson 1.3: The Chain of Command	In Progress
4. Lesson 1.4: Introduction to Military Customs and Courtesies	In Progress
5. Lesson 1.5: Introduction to Military Community Resources	In Progress
6. Lesson 1.6: Introduction to Military and Civilian Community Resources	In Progress
7. Lesson 1.7: Introduction to Family Readiness Groups	In Progress
8. Lesson 1.8: Supporting Your Child's Education	In Progress
9. Lesson 1.9: Introduction to Family Financial Readiness	In Progress
10. Lesson 1.10: Basic Problem Solving	In Progress

MEDICAL 101

- Military Treatment Facilities
- TRICARE
- “The Network”
- Access to Care
- Health care staff
- Patient Advocates / Ombudsmen



HELPFUL SITES

**U.S. ARMY MEDICAL DEPARTMENT
AMEDD VIRTUAL LIBRARY**

HOME ABOUT US CONTACT US AIL A-Z INDEX ARMY MEDICINE A-Z ARMY MEDICINE A-Z ARMY MEDICINE A-Z

ACCESS TO CARE
QUICK LINKS
AKO HealthW...
Medical Intelligence Forum
AIL on AKO
AIL eJournals - A-Z
AIL eTextbooks
AIL Databases
Virtual Reference Desk
Subject Guides
DATABASES
Anatomy 4v
CIBAH Plus - Full Text
Dentistry & Oral
Sciences Source (OHR)
Full Text
Lead Comp ONLINE
(Drug Clinical Information)
Lead Comp ONLINE for
Dentistry
HSD Consult
HSD Consult
HSD Consult
Natural Medicines
Comprehensive
Database
Natural Standard
New Engl J of Medicine
Nursing Consult
OvidSP
PubMed
STATRef
Travex Encompass
UpToDate
ISALITE

AMEDD VIRTUAL LIBRARY
AMEDD C & S Portal Army Medicine Digital Army Library Service (DALS)

Library Home Subject Guides
Subject Guides

BIOMEDICAL/RESEARCH SITES

- Behavioral Health Resources
- Clinical Laboratory Services
- Clinical Resources and Services
- Consumer Health
- Evidence-Based Health Care
(Including Clinical Standards & Practice Guidelines)
- Healthcare Management
- HIV Influenza A Resources
- Medical Education
(Including CE & CME)
- Medical Informatics & Telemedicine
- Nursing & Allied Health
- Nutrition
- Pharmacy & Pharmacology
- Preventive Medicine
- Primary Care Resources
- Veterinary Medicine Resources
- Warrior Care Resources

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National Health Observances

Health Care Reform

Related Resources

Health Topics

Health Conditions and Diseases Nutrition and Physical Activity Pregnancy Doctor

Find information to help you and your loved ones stay healthy.

myhealthfinder Get health recommendations based on sex, and pregnancy status.

Health Care Reform

Find out how the health care law can help you and your family stay healthy.

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Trusted Health Information for You

A service of the U.S. National Library of Medicine
NIH National Institutes of Health

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Find out on our Cholesterol page.

→ Health Topics → Drugs & Supplements → Videos & Cool Tools

HEALTH TOPICS

Back Pain
COPD (Chronic Obstructive Pulmonary Disease)
Depression
Diabetes
Exercise and Physical Fitness
Heart Diseases
High Blood Pressure
Pregnancy
Skin Conditions
Weight Control

POPULAR SEARCHES

amlodipine
diabetes
gabapentin
hypertension
lisinopril
loperamide
hydrochloride
metformin metoprolol
omeprazole simvastatin
tramadol

HEALTH NEWS
04 OCT

Smokers Have Higher Complication Risk After Colon Surgery, Study Finds
Teaching Sleep Tips to Parents Seems to Help Kids with Autism
U.S. Physician Payments Vary Widely, Mysteriously
more health news

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U.S. ARMY
WARRIOR TRANSITION COMMAND

WTU Mission Statement

Provide mission command, primary care and case management for recovering Soldiers as the Army's premier capability to set the conditions for healing and promote the timely return to the force or transition to civilian life.

“.. turning an injury or illness limiting event into unlimited potential.”



WARRIOR TRANSITION UNITS

Warrior's Mission

I am a Warrior.

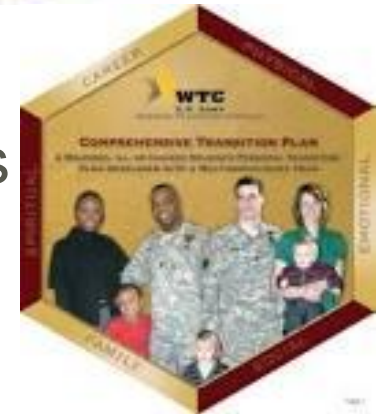
My job is to heal as I transition back to duty or
continue serving the nation as a veteran in my
community.

This is not a status, but a mission.
I will succeed in this mission because

**I AM A WARRIOR and
I AM ARMY STRONG**



- Interdisciplinary Team
- AW2 Advocates
- Comprehensive Transition Plan
- Self Assessments
- Risk Assessments
- Scrimmages / Focused Transition Reviews
- Career Education and Rehabilitation
- Adaptive Reconditioning

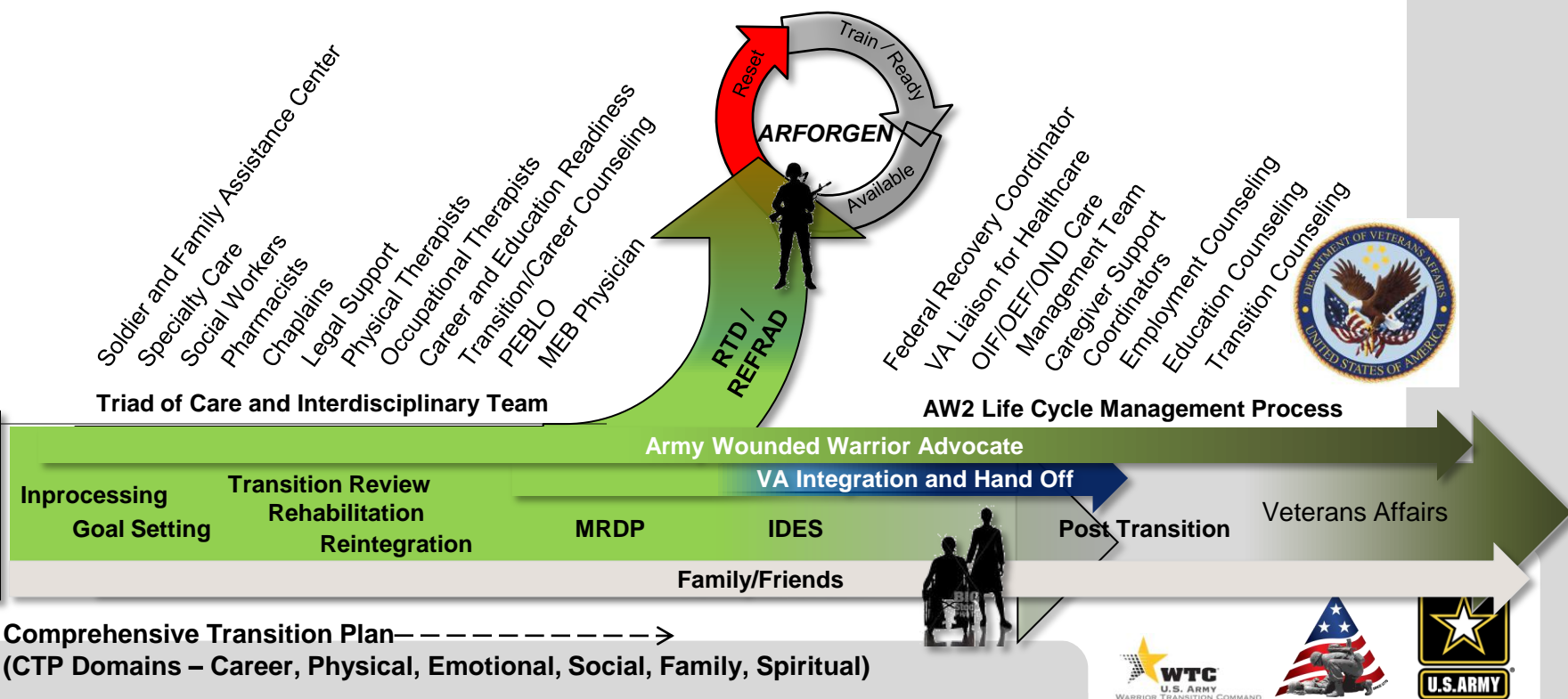


“CONTINUUM OF CARE...”

(COMPREHENSIVE TRANSITION PLAN)

“These leaders and health care professionals are charged with ensuring Soldier’s needs are met, their care is coordinated, and their Families concerns addressed.” DAIG Final Report

Vision: To become the Nation’s recognized leader in turning an injury or illness limiting event into unlimited potential.



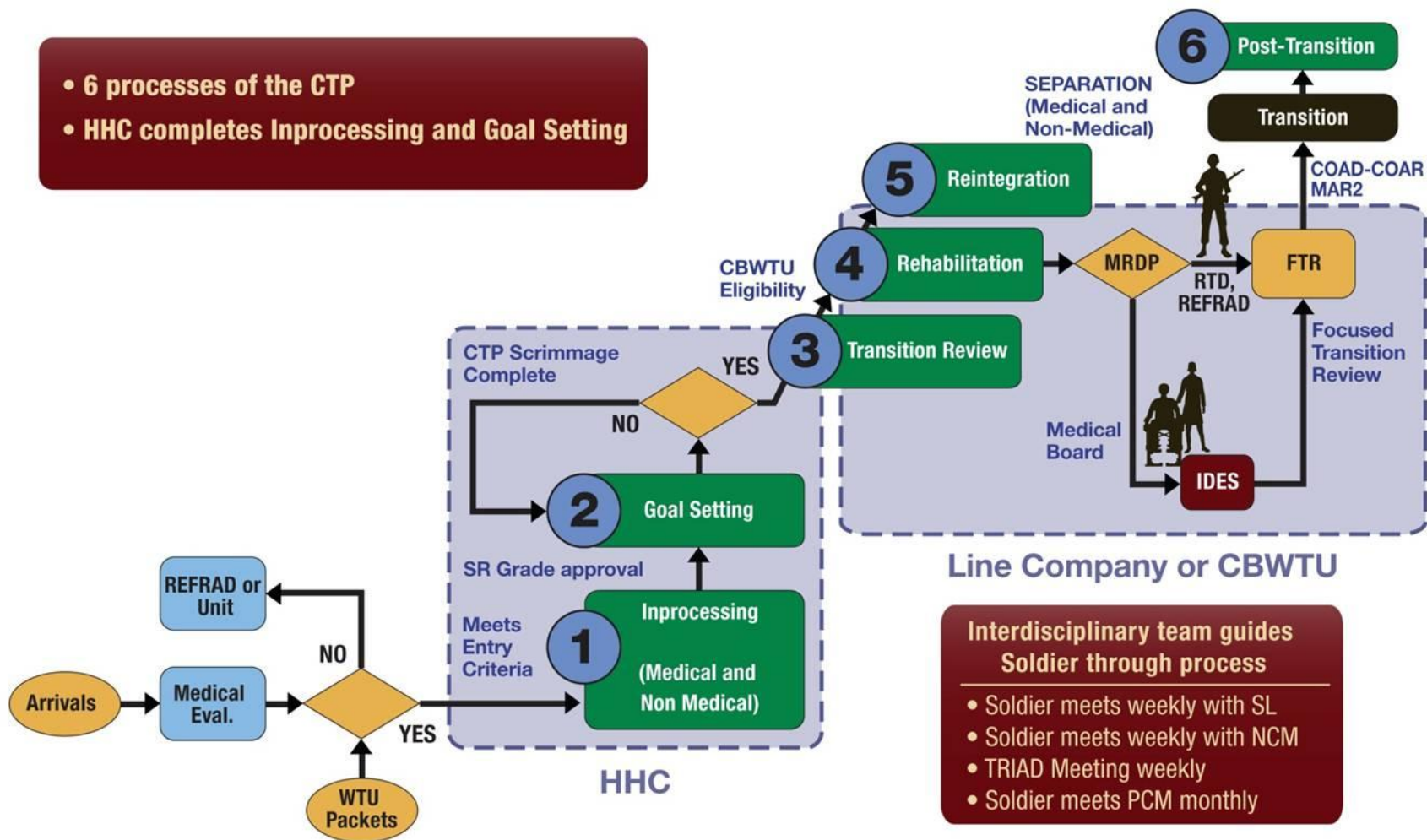
COMPREHENSIVE TRANSITION PLAN (CTP)

- The CTP is a holistic process to accomplishing your transition plan while in the WTU that addresses six main dimensions: career, physical, emotional, social, Family and spiritual.
- It is the Soldier's primary focus and will help lead to a successful transition.
- The CTP is process to enable each Soldier to complete a successful transition to their desired goal.
- Elements of CTP have been automated to allow each Soldier and ability provide the inter-disciplinary team with information regarding self assessment, goals and sub-goals.



CTP PROCESS FLOWCHART

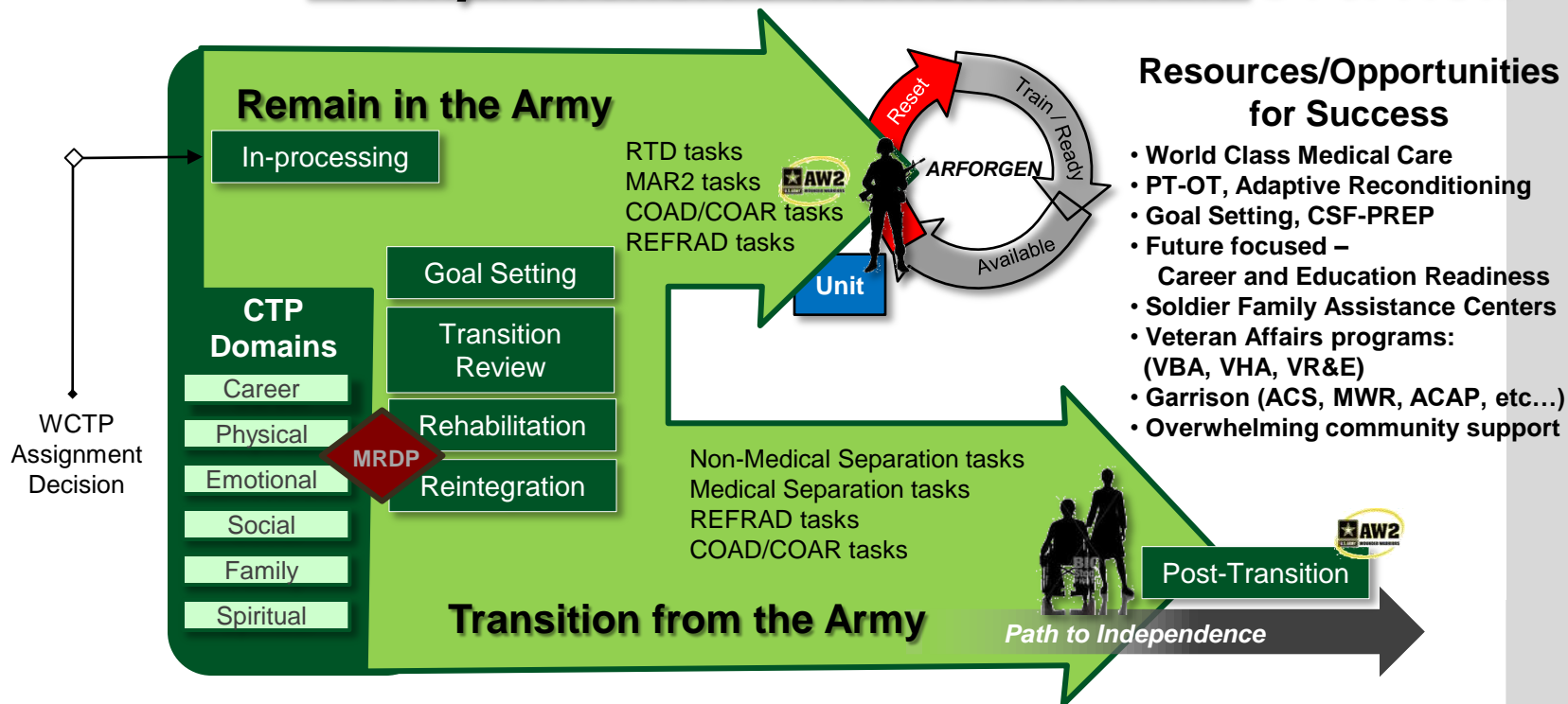
- 6 processes of the CTP
- HHC completes Inprocessing and Goal Setting



Army Rehabilitation and Transition

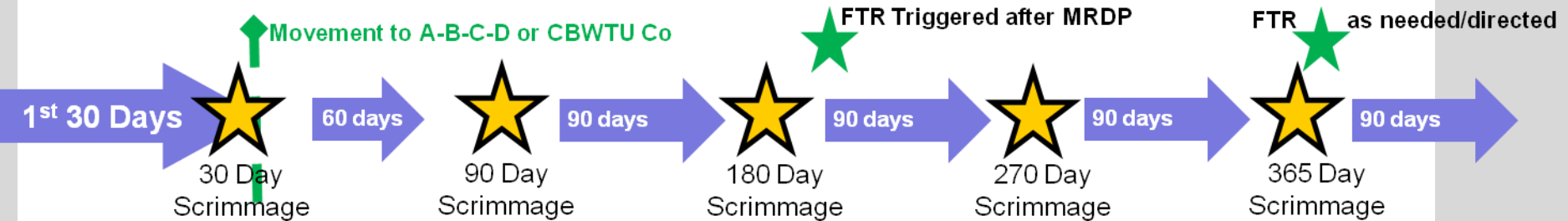
“Focus on the future; not disability”

Comprehensive Transition Plan Overview



Transition Review Timeline

The scrimmage rallies the Soldier, Family, and interdisciplinary team to develop the best transition goal or plan with SMART action statements and sub-goals and tailors this plan to best enable each Soldier's success.



Scrimmage Minimum Attendees:

- Soldier and Family
- SSA or BLSW or LCSW
- Nurse Case Manager
- Squad Leader/Platoon Sergeant

FTR Minimum Attendees:

- Soldier and Family
- SSA or BLSW or LCSW
- Nurse Case Manager
- Squad Leader/Platoon Leader
- Company Commander (1SG / XO)
- Battalion Rep (CDR, CSM, Surgeon, Sn NCM, LCSW OIC)

INVITED BUT NOT REQUIRED:

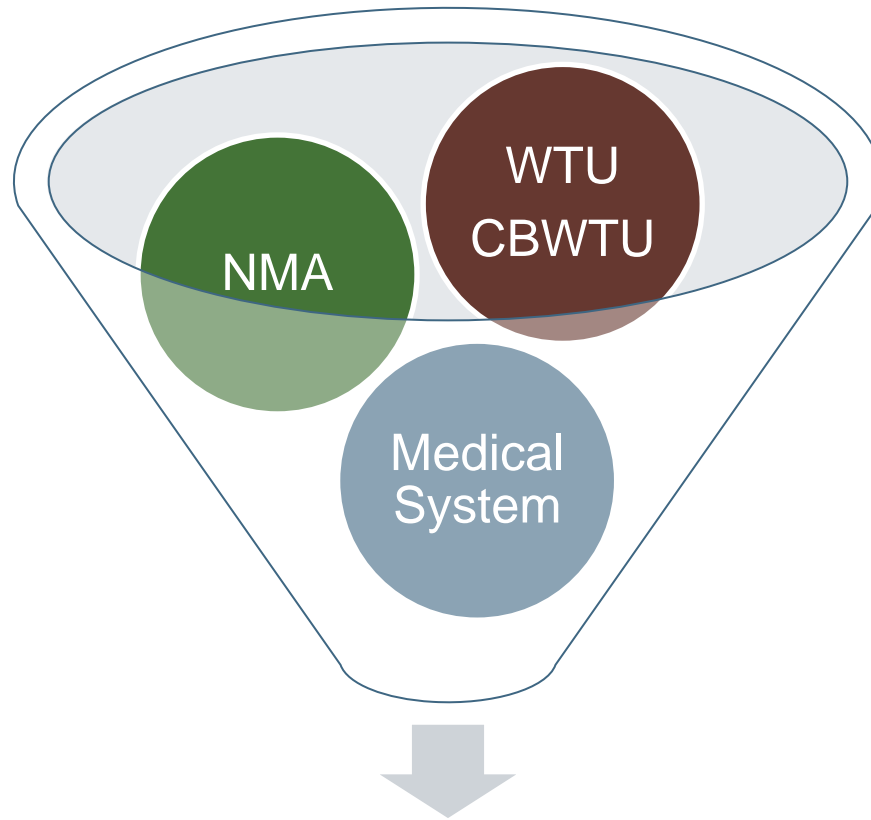
Interdisciplinary Team members are anyone that positively support a Soldier's transition plan and progression towards their CTP goals and endstates.

Both the scrimmage and FTR are "inclusive" and should have all relevant interdisciplinary team members including parents, community leaders, Veteran Affairs advisors, AW2 Advocates, Ombudsmen, as well as all the organic assets and capabilities resident with in the SFAC and WTU/CBWTU.

The Focused Transition Review (FTR) is facilitated by the Company Commander and ensures the Soldier and the interdisciplinary team have all the resources available to successfully achieve the Soldier's future transition goal.



NON-MEDICAL ATTENDANTS



Strong Resilient Soldier

WHO IS A NON-MEDICAL ATTENDANT (NMA)

17

Individual
selected by
the Soldier

Approved by
the physician
and the MTF
Commander

Whose
presence may
benefit the
health and
welfare of the
Soldier during
their recovery,
rehabilitation,
and transition



SOLDIER ELIGIBILITIES FOR A NMA

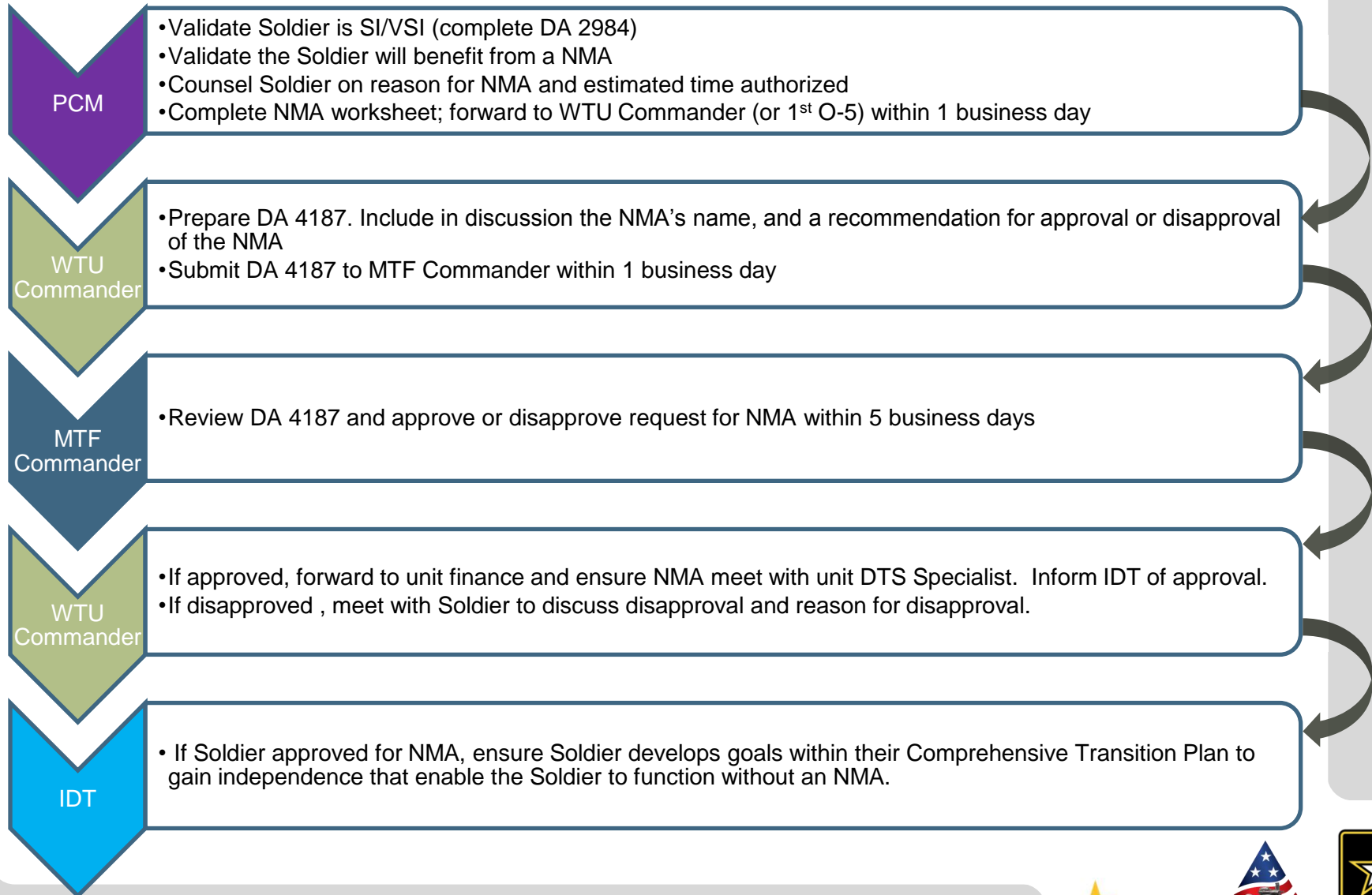
A Soldier who as a result of a wound, illness, or injury is:

Determined by a physician to be in the category known as Very Seriously Ill (VSI) or Seriously Ill (SI), AND

Is hospitalized for treatment of the wound, illness, or injury; or requires continuing outgoing outpatient care for the wound, illness, or injury.



PROCESS



IDT – Interdisciplinary Team



WTU AND THE NMA

The WTU considers the NMA as part of the WTU family and will be there to assist the NMA just as we will the Soldier.

Social Workers

Access to Health Care

Access to Support Activities

Soldier Family Assistance Centers

National Resource Database

Military One Source

Life Family Counselors

Financial Counselors

Child Care



NON-MEDICAL ATTENDANTS – DUTIES



NON-MEDICAL ATTENDANTS – RESPONSIBILITIES



ULTIMATE GOAL - INDEPENDENCE



Fun



Activities of Daily Living



Work

TERMINATION OF NMA STATUS

The Primary Care Manager will decide, based upon the Soldier's medical condition, when the Soldier no longer needs a NMA.

The Soldier will be re-evaluated 30 days prior to the end of the NMA orders.

The PCM will explain the decision to the Soldier and NMA at that time.

The Command team will provide counseling to the Soldier and the NMA on the activities that must occur when NMA orders end.

The Soldier can appeal the decision to terminate NMA orders to the Regional Medical Commander.



NMA ENTITLEMENTS

Travel

One round trip ticket from their home to the hospital where the Soldier is receiving care

If the NMA drives from their home to the hospital where the Soldier is receiving care, can be reimbursed for mileage incurred during their trip

NMAs that reside in the Soldiers hospital's local commuting area are not entitled to tickets or reimbursement

NMA will not be reimbursed for travel to and from recreational events.

Costs incurred from driving the Soldier to and from medical appointments or therapies may be reimbursed.

Entitlements may change; refer to the JFTR for further guidance



NMA ENTITLEMENTS

Per Diem

Per Diem allowance covers the cost of lodging, meals, and incidents incurred by the NMA while supporting the Soldier. Lodging is only reimbursed if the NMA incurs a cost.

Per Diem is paid via the Defense Travel System on a monthly basis. The Unit DTS Specialist will assist the NMA to establish and maintain the DTS account.

Per Diem payments are not SCAADL payments. Per Diem payments go to the NMA and are to cover incidents while providing support to the Soldier

NMAs will not receive per diem pay while the Soldier is on official military leave.

Entitlements may change; refer to the JFTR for further guidance



NMA ENTITLEMENTS

Health Care

If Non-DEERS eligible, the NMA is entitled to evaluation and care on a space available basis at the local MTF.

The NMA must provide information on the their private health insurance to the MTF and the Soldier's NCM.

The NCM will assist with finding health care in the local area if needed.

Entitlements may change; refer to the JFTR for further guidance



TAKING CARE OF YOURSELF

- Eat healthy meals.
- Drink water.
- Get some sleep.

Limit caffeine (especially in the late afternoon/evening).

Avoid watching stressful TV in the hour before you go to sleep.

- Rest when you can; Inquire about Respite Care with NCM.
- Get some exercise.
- Reduce other stress in your life.
- Identify a “spokesperson.”
- When people offer to help, accept the offer.
- Acknowledge how you feel.
- Seek spiritual guidance if religious beliefs are part of your life.



TAKING CARE OF YOURSELF

Try writing about your feelings in a notebook or journal.

- Set realistic expectations for your service member and yourself.
- Grieve for your losses, then try to adjust your expectations to a realistic “new normal.” This can reduce your stress level significantly.
- Take time to manage your finances and work leave benefits.
- Use the resources available to you.
- Connect with other families that are going through the same experience.
- Don’t feel guilty about making time for yourself.



COMMUNICATING WITH THE TEAM

- Be assertive in a friendly way.
- Remember that the medical team takes care of many patients, but that you take care of one. Speak up to make sure that your service member's needs are met,
- Keep in mind that all these people are on your side.
- Recognize that when you are stressed, scared, or confused you may need to step back from your emotions to communicate effectively.
- Be friendly with the people around you.

YOUR WTU TEAM

- Contact numbers

